

Sacrificial Stone Testimonial of Bloodshed in Mexico

MEXICO might be called a land of blood. It was so in the days of the Aztecs. It was so many times during the days of the Spaniards, and it has been so during these terrible days of Madero and Huerta. In this letter I write of the bloody times of the past. I have just come from the National museum where I have photographed the sacrificial stone which was in use when Cortez came, and which was one of the bloodiest shrines upon earth. I say bloody shrine, and I mean it. This stone, so small that it would not fill the parlor of a flat renting for \$30 a month, has been the site of more battles than any other spot of its size in the world. Upon it have flowed streams of blood greater than those of the recent war between Bulgaria and Turkey, and all the deaths of the recent revolution here are nothing in comparison with those who have died on this block of granite. It was upon it that the Spaniards saw the Aztec king and his captured brothers. The fight between the Spaniards and the Mexicans was at its height when Cortez saw the Aztec priests lead the Spanish captives up the steps of the mighty mound which stood just above where this stone now rests and lay them upon it preparatory to cutting out their hearts. The captives were stripped to their waists and Cortez could tell them by the contrast of their white skins against those of the copper-colored masters. The Spaniards' heads were adorned with feathers, and they were made to dance as they went up. As soon as they were stripped, their naked bodies were upon the stone. Then came a flash of the knife and a moment later the priests held up their bloody hearts and threw them to that horrid idol, the Aztec god of war, which you may see here against the wall of this same museum.

The archeologists are now working on the history of these ancient times. They are finding new tablets bearing hieroglyphs and the exploration is going on among the ruined cities as far south as Guatemala. I have already written of the work our archeological society is doing at Quilicua. This relates to the Mayans. The Aztecs came later and we have better information as to them. Their records show that 72,000 captives were killed on this sacrificial stone in one day. That was shortly before Columbus discovered America. The prisoners were selected by lot, and they formed a procession about two miles long. In one of the buildings near the Teocalli, the great altar of the Aztecs, the Spaniards with Cortez found 136,000 skulls, taken from those who had been thus killed. Among them were men, women and children.

On the Sacrificial Stone.
But let me tell you how the stone looks. We know it is authentic, for the records say that it was thrown down by Cortez, and thus became a part of the ruins of Montezuma's capital. This was over 400 years ago. The stone is about 100 years old. It was dug up, and the authorities ordered it to be broken to pieces, that it might be used for paving the city. One of the priests objected, however, and it was saved.

There is nothing that brings one closer to the Aztecs. The stone is perfectly round, and its rim is covered with carvings. In the center of the top is a hole as big as a tin wash basin, with a groove running out to the rim. That hole was used to catch the blood of the victim which flowed over through the groove into a great stone bowl which also is here to be seen.

The Aztecs had a ritual concerning their sacrifices, and the most distinguished of the captives were often given a chance to fight for their lives. Separate and apart from the stone of sacrifice was a gladiatorial stone with a ring in its top, upon which the captive, stripped to the skin, fought under the eyes of the king and other spectators. He was chained to the stone and given a wooden sword and shield. Thus equipped he contended with a soldier, who was armed with a sword of obsidian, a glasslike substance made from a kind of volcanic lava. The obsidian weapon had a razor-like edge, and the contest consequently was very unequal. Nevertheless, the wooden sword sometimes prevailed, and the man won his freedom. If he failed or was wounded his body was carried to the stone of sacrifice and there offered to the war god of the Aztecs.

Aztec Crucifixes, Past and Present.
Standing beside this stone and looking back into the past, the cruelties perpetrated by the rebels of today in some of the mountain districts are not strange. The stories have not been published in the American papers, but they come from reliable sources. In one case, for instance, some brigands, having captured their enemy, stripped him to the skin, tied him to a tree and then shot at him again and again. They were careful of their aim so as to wound but not kill. After the man was cut almost to pieces by the bullets he was taken down and his legs being tied by ropes to two different horses, he was torn apart. That was the work of the half-breed descendants of the Aztecs.

The full-blooded Aztecs of four centuries ago had tortures equally cruel, and their most famous sacrifice was typical of them. This occurred once every year, when the most handsome youth that could be found was the victim. It was necessary that he should be physically perfect, and the priests who made the selection insisted on his being without blemish and in possession of all the graces of youth. He was chosen a year prior to the sacrifice, and from that time until his death he lived like a prince. He was wine and dined and had four of the most beautiful girls in the land as his mistresses. He was the great young man of his time, and with music and feasting upon flowery beds of feasts he rode gaily to his doom.

When the final day came he said goodbye to his sweethearts, and, decorated with flowers, took his place on this sacrificial stone. Then the priests, dressed in red, drove their knives into his breast and pulled out his heart. They held it aloft before the eyes of the multitude and they fell on their knees and shouted out their adoration. Later on the body was cut into pieces and distributed to the more favored of the people, who cooked and served it on their dining tables as the titbit of the year.

Cannibalism Among the Aztecs.
Prescott is my authority that this was the only kind of cannibalism that was practiced by the Aztecs, and he says that the cannibal feast was served up in royal style. The cooking was done by the best of culinary artists, and men and women came together to discuss the horrible menu.



AZTEC WAR GOD

been estimated that the annual sacrifices were about 50,000. In addition to the Teocalli in Mexico City, there were pyramids and mounds in different parts of the country and sacrifices increased in number whenever drought, plagues or other calamities came.

An Aztec God.
The idol in whose honor much of the sacrificial took place was the god of war and of bloodshed, whose chief representation is here in the National museum. This is a block of stone nine feet in height covered with carving. It represents a squatting figure with a great flat head, out of the top of which peep two cylindrical eyes, above four little horns which serve as the nose. The mouth is large and the head rests without a neck on the shoulders. This statue stood not far from the sacrificial stone when Cortez, in company with King Montezuma, first saw it. It was then covered with gold and studded with jewels. Golden serpents were wound about its waist, and a necklace of human heads and hearts, life-size, made of gold and silver, encircled the neck. Before it a pan of incense was burning, and in this pan the hearts of three human beings were roasting. After the Spaniards had conquered, they tore off the gold, silver and jewels. They threw down the statue, and it was years later that it was brought forth as an archeological relic.

Mexico City Excavations.
The Mexicans of today are thoroughly alive to the archeological possibilities of their own country. They are anxious to have it explored, and have given concessions to foreigners to do much of the work. Not a few have been given to Americans connected with the Smithsonian institution and our societies of archeology and they have made great discoveries. The Mexicans themselves have done a great deal. Their work began with a viceroys who lived more than 100 years ago. He ordered that all the relics dug up in Mexico City should be sent to the university and from there they came to the National museum. Maximilian was also interested in such investigations and Diaz encouraged them.

There is no doubt but that a great many interesting things still lie under the Mexican capital. Every time a new sewer is dug or a great foundation excavated something new is discovered. I have before me a print made by Mr. Waite, the American photographer, of a great stone tiger which was unearthed a year or so ago, and he tells me that he frequently makes pictures of similar objects which come from the drainage and sewer excavations. The sacrificial stone was found buried near the southwest corner of the cathedral, and the Aztec calendar stone, which is also in the museum, was originally found under the earth in the great plaza. When it was taken up the archbishop of Mexico feared that it might be worshipped by the Indians, and he ordered that it be buried again. Later on it was again excavated and cemented onto the base of one of the cathedral towers, where it remained until twenty-seven years ago, at which time it was removed to the museum.

How They Kept Time.
This calendar stone gives some idea of the advanced civilization possessed by the Aztecs. It was used as a sun dial and calendar, and the hieroglyphics upon it are supposed to represent the years, months and days. The archeologists disagree as to the exact meaning of some of the ideographs, but certain figures are thought to correspond with the year A. D. 1479 and others show that the ancient Indians knew how to adjust their festivals by the movements of the heavenly bodies. They were able to fix the length of the tropical year even better than the philosophers of antiquity, and they had means of setting the hours of the day with precision and the times of the solstices and equinoxes.

This calendar stone originally weighed about fifty tons, and the records show that it came from over the mountains, a distance of many leagues. The Aztecs had neither horses nor oxen, and it must have been carried by men.

Aztec Civilization.
This museum shows that the Aztecs had a higher civilization than is generally supposed. They had their own literature, the most of which was destroyed by the Spaniards.



This institution is the only one in the central west with separate buildings situated in their own ample grounds, yet entirely distinct, and rendering it possible to classify cases. The one building being fitted for and devoted to the treatment of non-contagious and non-mental diseases, no others being admitted; the other Rest Cottage being designed for and devoted to the exclusive treatment of select mental cases requiring for a time watchful care and special nursing.



THE GREAT CALENDAR STONE

Spaniards. They use picture writings and much of their science and customs were committed to manuscript, many rolls of such manuscripts having been burnt by the Spaniards. They knew how to make paper, and they used cotton clothing. They had fairs for the encouragement of trade and agriculture, and they were expert workers in metal. Some of the articles carried to Spain by Cortez were vessels of gold, silver and copper, and among them some silver basins so big that they could not be encircled by the arms of a man. They made dyes like the Tyrian purple and they wove cloth out of the fur of rabbits.

They Were High Livered.
The records show that the Aztecs ate at tables, using silver and gold plates, and that they had chafing dishes to keep their meals warm. They had napkins and finger bowls, and they smoked cigars after dinner. They had good cooks and ate all kinds of vegetables, fruits and meats. Montezuma had fish brought to him from the ocean over the mountains, a distance of 200 miles, by fast runners and the Spaniards say that the markets of the capital contained domestic poultry, game from the mountains, fish from the lakes, fruits of the temperate and tropical zones and also green vegetables. The market stalls were decorated with flowers, and the market throng was so great that it usually numbered about 40,000. Cortez says the multitude was three times as great as that of the market at Salamanca, and also that the cloths, tapestry, etc., made him think of the silk markets at Granada.

One part of the market was assigned to the goldsmiths, another to toy peddlers and another to pottery and the sellers of copper and obsidian, of which the razors and mirrors were made. There were also drug shops, paper shops and places selling blank books and maps.

As it is now there are perhaps 15,000.

of the descendants of these people who cannot read or write. They are mere hewers of wood and drawers of water, and their future is one of the big problems of Mexico. There is no doubt, however, but that they have natural ability, for the greatest men of modern Mexico have had more or less Indian blood in their veins. The oldest Juarez was an Indian and President Diaz had Indian ancestors. The records show that some of the ancient Indian emperors wrote poetry and philosophy, and there is one, Nezahualcoyotl, whose utterances make you think of Marcus Aurelius, Antonine or the prophets of Solomon. This man was a Toltec. He belonged to the nation which preceded the Aztecs and he revolutionized the laws and government of Mexico during his reign. Here is a quotation from one of his poems which has been translated into Spanish and then into English. It reminds one of the verse in Ecclesiastes, viii, 15, which reads: "Then I commended Mirth; because a man hath no better thing under the sun than to eat, drink and to be merry."

"This is the way the ancient Aztec said:
Banish care! If there are bounds to pleasure, the saddest life must also have an end. Then weave the chaplet of flowers, sing thy songs in the praise of the all-powerful God, for the glory of the world soon fade! Rejoice in the green freshness of thy spring, for the day will come when thou shalt sigh for these joys in vain; when the scepter shall pass from thy hand and the sons of thy nobles drink the dregs of distress. Yet, the remembrance of the just shall not pass away from the nations and the good thou hast done shall ever be held in honor. The goods of this life, its glories and riches, are but lent to us. Its substance is but an illusory shadow, and the things of today shall change on the morrow. Then gather the flowers from thy garden to bind round thy brows and seize the joys of today."

"This same man, like the Athenians of the time of St. Paul, erected a temple to the unknown god. He was a sort of Mexican David, and was like Solomon in that he loved beautiful women. With other things he coveted the wife of one of his officers, and even as David did to Uriah, he put this officer in the front of the battle and thus took his widow to wife. It is not strange how the lines of great lives, even though they be divided by ages of time and thousands of miles of water and land, and even by worlds which are unknown one to the other, sometimes run side by side.

Death Comes to All.
This same man, who came of the race which built many of the pyramids of Mexico, had equally graphic ideas of death. I shall let one of his expressions close this letter. It reads:
"The world is nothing but a sepulcher, and there is nothing that lives on its surface that shall not be entombed beneath it. The things of yesterday are no more today, and the things of today shall cease, perhaps, on the morrow. The glories that have been here all passed away like the fearful smoke that issues from the throat of Popocatepetl, with no other existence of a record than the page of a chronicle. The great, the wise, the valiant and the beautiful! Alas, where are they now? That which has befallen them shall happen to us and to those that come after us. The horrors of the tomb are but the cradle of the sun, and the dark shadows of death are brilliant lights for the stars."
FRANK G. CARPENTED.

Secret of Forcing Hair to Grow and Making It Beautiful

Hair and Other Beauty Secrets That Have Made Valieska Suratt Famous

Valieska, the Self-Made Beauty-Queen, is the Only Woman on the American Stage Who Wears No Wigs, Puffs or Other Hair Necessities.
By Valieska Suratt

THE use of hair switches, puffs, "rats" and so on are so common these days that many readers have found it difficult to believe that one recently made that your humble servant is the only woman on the American stage today that does not have to resort to these makeshifts. It is absolutely true. On my dressing table you will never find a switch, braid, turban, wool roll or put any product of the hairdresser for the wealth and health of my own hair, because it was not without great labor and repeated disappointments that I succeeded in acquiring them in my own experience.

What is really the secret of success of forcing hair to grow, to regain and keep its silky, healthy appearance, to stop dandruff absolutely and to keep the hair from falling is the application of the proper nutrient, stimulant and parasitic-killing agent. These features we find combined in a remarkable degree in my formula below.

This formula alone is responsible for that glorious head of hair of which I am especially proud. If your hair is falling, looks lifeless, is thin in its growth, or whether you are actually getting bald, I say to you right now begin the use of this formula. Quit anything else you may now be using. Mix half a pint of alcohol with half a pint of water. To this add one ounce of beta-nitrol. Shake thoroughly and then it will be ready to use. If you prefer, you can use imported bay rum instead of the water and alcohol. This beta-nitrol you can get at almost any drug store for not more than fifty cents. This formula should be applied very freely to the scalp after brushing with a slow flow. Rub this mixture over your hair. The mixture will cost you one dollar at the drug store.

MRS. T. R. M.—If you have lost your bust development, or lack the splendid development every woman should have, you should find this formula always effective if faithfully used:
In a half pint of cold water, dissolve two ounces of castor oil and a cup of sugar, all well mixed together. Of this, take two teaspoonfuls three or four times a day in a wine-glass of water over a slow fire. To this add two ounces of opol. Stir until it is dissolved and starts to cream. Then remove from the fire, slowly add two tablespoonfuls of glycerine, and continue to stir until it is cold. Epsol may be obtained for no more than fifty cents at any good drug store. This cream should be applied very liberally and thoroughly rubbed into the skin until it has disappeared. The cream will not grow hair on the face. Keep the cream in an air-tight jar or bottle.

MISS DESPERATE—You will positively get rid of all superfluous hair on the face or any part of the body by getting this cure for your moles. The mixture will cost you one dollar at the drug store for



Valieska Suratt

one dollar. Apply it with the finger tips to the superfluous hair, keeping the hair moist with it for 2 or 3 minutes until it has been dissolved. Then wipe it off with a damp cloth and wash the skin.

JULIET—Yes, freckles, muddy complexion and red spots can be removed absolutely. Your complexion assuredly will be made wonderfully pure, nearly pink and smooth by using the following:
Let half a pint of water come almost to a boil. Add two tablespoonfuls of glycerine and two of rose water. Add one ounce of stinone, until it is all dissolved. Then let it cool. If the cream is too thick to pour easily from a bottle, thin it down a little with more water. The cream will be white and satiny. Hold a wet, hot towel to the face several times for several minutes. Rub this cream on the entire face. Then wipe off with a soft, dry cloth. Then repeat again and let it dry on the face. Repeat this again at night. Any good druggist will let you have stinone for about fifty cents.

MISS BLOXI—Don't brush your hair too much. Give it frequent sun baths, and whenever you clean your hair, wash it with a little of the following, which I have mentioned previously in these columns and which any good druggist should be able to supply you for twenty-five cents:

MISS N. A. V.—Never forget that if you want to obtain the beauty which is of the very best, you must keep your hair free from impurities. No woman should neglect this. It is the foundation of all beauty. Use this formula and you will find that the other secrets I have given you for beautifying the complexion will have a far better and quicker result.
Dissolve twelve ounces of granulated sugar in one-half pint of water, and add one ounce of arsenic, and mix the whole together thoroughly. Then add more water to make a pint. Arsenic is a liquid which you can get at the drug store by the ounce. Get it in the original package. Take ten or two capsules three or four times a day; with a little water if desired. This is absolutely safe.

DELAIDE D.—It is impossible to get rid of blackheads by pinching them out. Don't forget that blackheads are an accumulation of fatty substance in the skin pores. The following formula should be used on the entire face—all the blackheads at once. It is wonderfully effective:
First wash the face with hot water and soap, and mix a little of the mixture generously upon a sponge made wet with hot water. Then rub well for a few minutes on the parts of the skin which are affected by the blackheads. The mixture is able to secure the keratin in any druggist for fifty cents.

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The Doctor's Advice

By Dr. Lewis Baker

The questions answered below are general in character, and the answers to the cases are given and the answers will apply to any case of similar nature. Those wishing further advice, free, may address Dr. Lewis Baker, 34 Floor Faxon Block, College-Ellwood Bldg., Dayton, Ohio, enclosing self-addressed, stamped envelope for reply. All names and addresses must be given but initials or fictitious names will be used in my answers. The prescriptions given are those of an well stocked drug store. Any druggist can order of wholesaler.

as that can be very easily cured by using the following: Get at the drug store the ingredients named and mix thoroughly. Make a spoonful at meal time and again at bed time. You will soon be entirely cured of that disagreeable disease. Buy one ounce of each of the following: Potassium, one-half ounce of wine of sulphur, one ounce of sodium bicarbonate, one ounce of fluid maltwort, one ounce of compound sarsaparil and 4 oz. of syrup sarsaparil. This has cured thousands and is a sure cure you.

"Musical" asks: "Can you tell me how to overcome a habitual cough which makes itself after eating, by a tickling in the throat, hoarseness and a slight cough?"
Answer: Obtain a bottle of common mentholated oil and mix with one ounce of simple syrup by mixing with ordinary granulated sugar syrup or honey. Directions for use and how to mix accompany the package. It makes a full pint of effective pleasant cough syrup and cures all throat and bronchitis troubles.

"Mrs. G. B." writes: "I suffer a great deal with stomach troubles, indigestion, heart palpitation, wind and gas on stomach. Am restless and irritable. Afraid to eat a hearty meal. Sometimes great pain. I fear appendicitis."
Answer: The most frequent cause of appendicitis is the neglect of constipation and indigestion. It is better to prevent than to cure by an operation. I advise that you obtain tableting triptolepin with calcium, according to directions accompanying sealed carton. They are pink, white and blue to be taken morning, noon and night respectively. I think many cases of appendicitis could be prevented by using triptolepin tableting.

"Mrs. C. C." writes: "Can you prescribe a tonic for one who is sleepless, nervous, hysterical, thin and has a headache, little appetite and no restful day and night?"
Answer: The following if used for several weeks will gradually restore and strengthen your nervous system: Compound syrup of hypophosphites, 5 oz.; tincture cod-liver oil, 1 oz. (Not cod-liver oil). Mix, shake well and take a teaspoonful three times a day.

"K. K. K." asks: "I am growing more stout as I get older. I would like to know how I can lose my fat and get my old figure back. I am alarmed and want to reduce. Please advise me what to take."
Answer: You need not be alarmed if you will begin taking 3-grain arsenic tablets. These tablets reduce usually at the rate of a pound a day after the first few days. Any druggist can supply them in sealed tubes with full directions.

"Poor M." writes: "My health is very poor on account of the long-standing constipation. I have to use pills or something all the time. Can you prescribe something to take that will cure chronic constipation?"
Answer: Constipation is probably the cause of more illness than any other thing. Most remedies only relieve the trouble and never cure. I always prescribe three-grain sulphur tablets (not sulphur), and have found them most reliable and gradually restoring their own healthy condition upon the bowels and liver, while purifying the blood.

"D. E. O." writes: "My rheumatism is getting worse all the time. I am getting so stiff that it makes it very hard for me to get ready to go to work. Can you advise me what to take?"
Answer: Do not worry about your rheumatism.

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